



PRACTICAL HELP FOR NEWHAM RESIDENTS BEREAVED DURING COVID-19

INTRODUCTION

This factsheet is aimed at people who are bereaved during the Covid-19 pandemic, and organisations that want to support them.

Bereavement during the pandemic is particularly difficult, even if someone does not die with Covid-19. Loved ones may have been unable to support the person who died in the way they wished, may be fearful about coronavirus and will be impacted by funeral restrictions. The lack of normal routines, close contact and changes to support services after death may also impact.

Someone bereaved during the pandemic can face especially difficult decisions, tasks and pressures and may need a range of support over time. This factsheet offers information on processes and services that may be relevant or helpful.

If you are supporting someone, depending on their circumstances, you can email or print the whole factsheet or information from links to specific information or services.

This factsheet has been created by three Newham residents who work in the voluntary sector and identified a need for this kind of information: Matthew Porter ([Transform Newham](#)), Shirley Biro (Newham Public Governor with [ELFT](#)) and Anne Crisp ([Compost London CIC](#)). We have all been involved in a cross-sector working group on bereavement during the pandemic and this factsheet represents our combined thinking and knowledge.

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SUPPORT IN HOSPITAL

Barts Health have produced an excellent booklet about the death of loved ones during Covid-19. It answers many questions including where to get support from specialists.

Chaplaincy support in local hospitals

The Chaplaincy Team at the five Barts NHS Trust hospitals consists of Muslim, Jewish, Roman Catholic and Church of England/Christian chaplains.

Each of the five hospitals in the Trust has its own daytime Chaplaincy number:

- Mile End and The Royal London: 020 3594 2070
- St. Bartholomew's (Barts): 020 3465 7220
- Whipps Cross: 020 8355 6988
- Newham: 020 7363 8053
- There is an on-call Chaplain available 24/7 who can be contacted in emergency through the main switchboard number: 020 3416 5000
- The Chaplaincy Team also manage bereavement support for families of those who have died in hospital by phone. A message with contact details can be left on 020 3594 2070 for a member of the team to call back.

FUNERALS

Public Health England says:

- No-one with symptoms of the virus to attend funerals.
- People who are extremely clinically vulnerable (shielded) can attend with measures put in place to reduce their risk.
- People self-isolating because someone in their household is ill may attend if they do not have symptoms themselves.

Each Funeral Director may amend slightly, but attendees will be limited and masks may be required.

Funeral Directors can help very well with shaping the memorial service and liaising with your own chosen service leader or recommending one who fits with your outlook.

Of course, they can help with streaming it to wider friends and family. They will assist with the latest regulations on other key emotional items such as repatriation etc.

SPECIFIC PROVISION FOR THE MUSLIM COMMUNITY

Quwwat-UI-Islam Society: washing facilities for Muslims who have died.

UKIM Masjid Ibrahim and Islamic Centre: free ambulance and mortuary service for the Muslim community.

Newham & Redbridge Imams' Forum: will pick up bodies infected with Covid-19 and wash them for free. The washers are properly trained, have PPE, are over 18 and under 60 years old and do not have health vulnerabilities.

LOCAL FUNERAL DIRECTORS

Cribbs: 3 sites. Main one at 10 Woolwich Manor Way, Beckton, E6 5PA. 020 8023 8238.

Compassionate Funerals: 89A Aldersbrook Road, Wanstead, E12 5DG. Beside City of London Cemetery. 0208 989 0493. Hasina Zaman, Allistair Anderson.

Co-op Funeral Care in East Ham: 16 High Street North, East Ham, E6 2HJ. 020 8472 3501.

Co-op Funeral Care in Manor Park: 50 Whitta Road, Manor Park, E12 5DA. 020 8478 5166.

Albin & Hitchcock: 378 Barking Road, (Abbey Arms junction), Plaistow, E13 8HL. 020 7476 1861 or [Email Debbie at Albins](#).

Gilderson & Sons: 48 Woodgrange Road, Forest Gate E7 0QH. 020 8023 7105.

West & Coe Funerals: Newham based localtions

Jeffries Ltd. 496-498 Green Street, Plaistow E13 9DB. 020 8472 0505.

James Hawes Ltd. 29 Station Road, Manor Park E12 5BP. 020 8478 2424.

William Denys Ltd. 159 Leytonstone Road Stratford E15 1LH. 020 8534 1572.

Other services people may wish to consider and talk through with Funeral Directors include:

[Information on scattering ashes on the Dignity Funerals website.](#)

[Information about woodland & eco funerals on the Dignity Funerals website.](#)

Scattering into rivers: [on the Scattering Ashes website](#) and also [on Scattering on Water website](#).

Information on turning ashes into jewellery: [visit the Ashes into Glass website](#).

Online funerals. Check with Funeral Director if they offer Facebook Live or other streaming option. Otherwise see:

[Online-funeral website](#).

[Obitus](#).

LOCAL SUPPORT SERVICES

Age UK East London: advice and support for older people, including a factsheet on funerals.

Chat Newham: Helpline for one-off calls that can signpost people to services that might be helpful for someone who is bereaved.

Child Bereavement UK: Online resources and phone helpline offering support when a child grieves or dies.

Drop-in Bereavement Centre: Online resources. Phone counselling, referral only. Weekly wellbeing workshops on Zoom.

Highway Vineyard Church: 'The Bereavement Journey', running in the autumn; a six-week course for anyone who has been bereaved, at any time and in any way. The course gently guides bereaved people through the most common aspects of grief. Open to people of all faiths, or none, and free of charge. [Email](#) or call 020 8534 4019.

Newham Bereavement Service: Online resources; remote counselling and early bereavement support; funeral information; advice on welfare and benefits.

Richard House: children's hospice based in Beckton.

St Joseph's Hospice: hospice for adults, based in Hackney but open to Newham residents. Community services include 24/7 advice line and befriending.

NATIONAL/REGIONAL SUPPORT SERVICES

Clear advice on coping with sudden death for bereaved people or their supporters: [visit the Sudden Death website](#).

Guidance and links for Londoners: [visit the government website](#).

Comprehensive information/advice, much of it tailored to coronavirus: [visit the Cruse website](#).

Guidance for bereavement services – also useful for individuals supporting bereaved people: [visit the National Bereavement Alliance website](#).

For bereaved people, detailed advice in downloadable booklets: [visit the Hospice Foundation website.](#)

Practical guide and support with funerals during pandemic: [visit the Quaker Social Action website.](#)

Support for people losing a partner before their 51st birthday: [visit the Widowed and Young website.](#)

Creative community responses to grief, loss and trauma with a programme of free workshops starting in September: [visit the loss project.](#)